

Operation Disarm Pays Cash for Weapons

By Spc. Andy Miller

122nd MPAD

AL RASHID DISTRICT, Baghdad, Iraq – Up to \$500 for an SA-7 anti-aircraft weapon, \$10 per anti-personnel mine or

\$150 for an AK-47 assault rifle. With rates competitive with current black market prices, it sounded like a deal to some Iraqis who traded weapons for cash at the Al Duara Iraqi

police station May 19.

Within eight hours, over 100 armaments were turned in during Operation Disarm hosted by the 5th Brigade Combat Team, 1st Cavalry Division, in

conjunction with the Al Duara Iraqi Police. Included in the final tally were more than 80 AK-47 rifles, mortars, mines and grenades. It was the first such event held by 'Red Team' in Al Rashid.

"It's an opportunity for the people of the Al Duara district, and really all the Al Rashid district, or anybody else... to turn in weapons or rounds or anything else that they have," Maj. David Seigel, the executive officer for 1st Battalion, 8th Regiment Cavalry, said.

A special fund allows Red Team to distribute monetary awards for information that leads to the confiscation of illegal weapons, or the arrest of insurgents. Currently, Iraqis are required to carry a weapons card with any legally owned weapon in their possession. This rule might have created some apprehension for Iraqis who feared they could get arrested for turning in their weapons.

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By Spc. Andy Miller, 122nd MPAD

Master Sgt. Angel Gonzalez, a noncommissioned officer with 5th Brigade Headquarters, pays an Iraqi civilian at a weapons awards program that took place at the Al Duara Iraqi Police Station in the Al Rashid district of Baghdad May 19. The program entitles a monetary reward to Iraqis who turn in illegal weapons to authorities. Possession of a rifle without a weapons card is illegal in Baghdad.

Pumpin' Iron

2BCT Soldiers Find Better PT Program

By Spc. Michelle Newbold
1st Cavalry Division PAO

Moans, groans, and cheers of accomplishment can be heard. Sweat is dripping off the foreheads of the Soldiers. The canvas walls of the makeshift gym absorb the clanging of the weights, the whir of the stationary bike, and the pounding of footsteps on the treadmill. The gym is crowded as Soldiers guzzle

down water, and tap their feet to the sound of the music on the stereo.

Many Soldiers are using the gyms on Camp Black Jack to vary their physical training routine. Instead of the normal daily grind of push ups and sit ups, Soldiers are turning to weights to become stronger and relieve stress.

"Army PT [physical training] is boring," said 1st Lt.

Jozef Laski of the 91st Engineer Battalion, 2nd Brigade Combat Team, 1st Cavalry Division. "There are more practical applications from lifting weights."

"Weight lifting builds up your shoulders to carry a bigger ruck, it makes you stronger," said Capt. Brett Smithley, also of the 91st Engineer Bn.

Soldiers can lift weights, ride a stationary bike, or run on

a treadmill at the 3rd Battalion, 82nd Field Artillery Regiment gym located on Camp Victory North. The gym is open 24 hours a day, seven days a week.

"Everyone can use our gym," said Sgt. 1st Class Osvaldo Acosta the 3-82 FA camp mayor.

The gym gives Soldiers a cooler place to work out. With daily temperatures in the 100s,

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Improvements to Al-Mansoor College Nearly Finished



By Spc. Jan Critchfield, 122nd MPAD

Soldiers of the 1st Cavalry Division's 3rd Brigade Combat Team hired local Iraqi men, to lay masonry and sewage pipes for the new Al-Mansoor College in Baghdad. The Soldiers have been helping Iraqis restore the college. The project, which is nearing completion, includes improvements such as a new building, renovations to the school's bathrooms and new laboratory equipment. The total cost for the renovations for the college is approximately \$350,000. The restoration of the college is one of 17 projects the 153rd Infantry is overseeing. Approximately \$12 million in projects have been proposed through the 153rd for the Al-Waida and Al-Riyad districts of Baghdad.



By Spc. Michelle Newbold, 1st Cavalry Division PAO

Spc. Apostle Spencer, a heavy track mechanic with Battery C, 3-82 FA, lifts weights at the unit gym, while Sgt. Tim Baca spots him. They work out together two hours each day, five to six times a week.

Black Jack Gym Offers PT Alternative

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doing intense physical training outside could make a Soldier a heat injury victim.

"It is too hot here to run," Laski said.

Unit physical training is not always an option with the busy schedules Soldiers endure while deployed.

"We work 12 to 15 hours a day, we don't always have time for organized PT," said Sgt. Tim Baca, who is a heavy track mechanic with Battery C, 3-82 FA.

"Lifting weights works you out more, and it's not as repetitive," he said.

The gym received most of the equipment from other units. The unit purchased some weights, stationary bikes, and stair climbing machines.

The gym is often busy. There are only two rules, put

back your own weights, and if you take a bottle of water, replace the water.

"We work out in the gym every day but Sunday," said Spc. Apostle Spencer of Battery C, 3-82 FA.

Some Soldiers use the gyms as a stress reliever.

"It gets the aggression out," Baca said.

The gym is improving everyday. Air conditioning and mirrors will be setup soon to make the Soldiers' workout even better.

For the Soldiers that are too far away from the 3-82 gym, there are new gyms popping up every day on Camp Black Jack.

Gyms are giving deployed Soldiers just one more little piece of home. Open any time, and convenient, they are a welcome sight on Camp Black Jack.

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Sammy the Cat Seeks Transportation From Fort Hood to North Carolina

► From KCEN-TV

KILLEEN, Texas- A long-lost Central Texas cat needs a ride to North Carolina. Sammy the cat ran away from his family at Fort Hood just before they moved.

The family couldn't find Sammy before they left for North Carolina, but a few weeks later, neighbor Jamie Garner found him. She had him shaved because his hair was so

badly matted when he was found.

Jamie contacted Sammy's family and is now trying to help find a way for Sammy to get to North Carolina... so he can be reunited with his family.

"I called the Humane Society and the SPCA," Jamie says, "And they can't take him, so I guess he's stuck with whatever we can come up with to get him home."



Photo submitted by Jamie Garner

Sammy the cat awaits transportation to his home.

Weapons Turn-In Program Gets Weapons and Explosives Off the Streets

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"We think there is probably a lot of trafficking coming through our area," said Capt. William Thiele, the 5th Brigade chief of plans. "We had a lot of people coming in and saying, 'I've got this, and I've got that', but the biggest fear was, 'Will I be arrested?'"

To help allay these fears, the program was advertised throughout the neighborhood. Fliers were distributed, local council members were notified, the other Al Duara police stations were notified, and Red Team patrols provided information to the area residents. Holding the event at the local police station may have made it more convenient for the Iraqis.

"The location is where people can just walk up the street, and hand [weapons] to us," 2nd Lt. Katherine Slavin, a platoon leader in the 545th Military Police Co., said. "We thought it would help with the turnout in the aspect that people can just walk up off the street."

Planning for the event involved coordinating with Soldiers from various different areas including Civil Affairs, Military Police, Explosive Ordnance Disposal, Psychological Operations, Brigade Headquarters, the Iraqi Police and 1-8 Cav., who frequently patrol Al Duara. An important accomplishment was getting the Iraqi Police involved, Slavin said.

"We're making sure that the Iraqi Police are actually doing the procedures, and we're making sure that they do it correctly," Slavin said. "We want the citizens to actually see the Iraqi Police taking the weapons and bringing them to us."

Having Iraqi Police involvement with site security, personnel searches, and weapon handling, helps legitimize them in the eyes of the local Iraqis, Thiele said. The real accomplishment, though, was getting the weapons and explosives off the streets, he added.

"We've had a lot of [Improvised Explosive Devices] in our sector here recently, and we've had some close calls," Seigel said "[This] means, especially with these artillery rounds and mortar rounds, that there is one less out there that's going to be planted underneath the road."

Not having explosives under the roads makes them safer for both Americans and Iraqis. And the sound of money

changing hands might be a pleasant one to the Iraqis turning in weapons for cash.

"It's about making the community safe for the women, for the children, for the old men, for our troops, and so you guys have a peaceful country," Master Sgt. Angel Gonzalez, 5th Brigade headquarters noncommissioned officer, said to Iraqis as he handed out money to Iraqis who had turned in weapons.



By Spc. Andy Miller, 122nd MPAD

Sgt. Duenes Jesse, a squad leader with the 410th Military Police Co., fills out a voucher so an Iraqi civilian can receive a cash reward for turning in illegal weapons. The Iraqi turned in several fragmentary and smoke grenades at a weapons awards program that took place at the Al Duara Iraqi Police Station in the Al Rashid district of Baghdad.

Baghdad, Iraq

Wednesday

High: 100
Low: 71



Thursday

High: 102
Low: 75



Friday

High: 105
Low: 77



Weather information provided by 1CD Staff Weather Office (SWO)

Iraqi Word of the Day

Wednesday

al-ar-baa


NBA
**CONFERENCE
FINALS**

(Best of 7 series)

Eastern Conference

Detroit 69

Indiana 65

(Detroit wins series 4-2)



AP

Tampa Bay Lightning goaltender Nikolai Khabibulin makes a save against the Calgary Flames during the third period of game four of the NHL Stanley Cup Finals Monday, May 31, in Calgary. The Lightning beat the Flames 1-0 to tie the best of seven series 2-2.



AP

Army Spc. Adrian Felder, left, a Soldier stationed at Fort Lewis, Wash., accepts a baseball from Seattle Mariners' Dave Hansen after Felder threw out the first pitch of a game between the Mariners and the Toronto Blue Jays on Memorial Day, Monday, May 31, at Safeco Field in Seattle. Felder's wife, Tyanna, was killed in Iraq in April.

Today in History
June 2

 From historychannel.com

1865 American Civil War ends
1912 Hollywood's first major studio, Universal, founded
1953 Coronation of Queen Elizabeth II
1954 Senator Joseph McCarthy charges that communists have infiltrated the Central Intelligence Agency (CIA) and the atomic weapons industry
1997 Timothy McVeigh convicted for Oklahoma City bombing

**Today in Cav
History**

June 2

1969 - 1st Lt. Robert L. Poxon, B-1/9 Cavalry earns the Medal of Honor.

TV GUIDE
AFN
ATLANTIC

AFN
PACIFIC

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Sports

AFN
Spectrum

6 p.m.	Popular Mechanics for Kids/ Liberty's Kids	Tonight Show with Jay Leno/ The Late Show with David Letterman	NHRA Auto Racing - O'Reilly NHRA Summer Nationals Finals 5 p.m.	<i>Indian Summer</i> 5 p.m.
7 p.m.	Jeopardy/ Headline News	Access Hollywood 7:30 p.m.	SportsCenter	The Wild Thornberrys/ Spongebob Squarepants
8 p.m.	ESPNews/ Headline News	<i>Point Break</i>	SportsCenter/ French Open Tennis	The Simpsons/ Happy Days
9 p.m.	8 Simple Rules.../ The Bernie Mack Show			Super Millionaire (04)
10 p.m.	Fear Factor	Jack the Bear 10:15 p.m.	MLB: Houston Astros @ Chicago Cubs	Star Trek: Next Generation


MLB
AMERICAN LEAGUE

 Kansas City 5
Detroit 3

 Minnesota 16
Tampa Bay 4

NATIONAL LEAGUE

 New York 4 (10 innings)
Philadelphia 1

 St. Louis 8
Pittsburgh 1

 Cincinnati 7
Florida 6